

The Capitol Café Week Of January 26th 2008

4 = Fit for Life Item

Complete catering guide available to help make your meetings a success.
Stop by the cashier & pick-up a catering menu
Gift certificates available throughout the year!!!



"Beginning everyday from scratch"

A'viands

FOOD & SERVICES MANAGEMENT
FOOD SERVICE DIRECTOR
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All comments welcome!

**Taco Bar Served every
MON. & WED**

**Hot roast beef sandwich w/
mashed potatoes & gravy**

TUES. & THURS

Soup of the day

MONDAY
Chicken Noodle

TUESDAY
Knoephla

WEDNESDAY
Tomato

THURSDAY
Cheesy Chicken Tortilla

FRIDAY
Vegetable Beef

Open Monday thru Friday
7am to 4:30pm
Breakfast served Monday thru Friday
7am to 10:30am

Lunch served Monday thru Friday
10:30am to 1:30pm
Closed all weekends & holidays

MONDAY		
Breakfast Grill	Sausage, egg & cheese croissant	\$3.55
Grille	Triple decker BLT w/ cup of soup	\$3.99
Market place Entrees	Salisbury steak w/ Au Gratin potatoes & vegetable w/ dinner roll	\$4.99
World Flavors	Moroccan style chicken breast over rice pilaf & side salad 4	\$4.99
Grab and Go	½ Hoagie sand w/ cup of soup	\$3.25
TUESDAY		
Breakfast Grill	2 pancakes, 2 bacon, order of toast	\$2.99
Grille	Mediterranean Chicken Sandwich w/ side of pasta salad 4	\$4.67
Market place Entrees	Pork tenderloin medallions w/ mashed potatoes & gravy w/ corn	\$4.99
World Flavors	Beef stew in a bread bowl	\$4.67
Grab and Go	½ turkey club wrap w/ cup of soup	\$3.25
WEDNESDAY		
Breakfast Grill	Rancher's special w/ side of toast	\$3.29
Grille	Beef taco Quesadilla w/ salsa & SC	\$4.67
Market Place Entrees	Freshly made Chicken Caesar Salad w/ grilled (hot) chicken breast & bread stick	\$4.67
World Flavors	Spiced Salmon Filet w/ hollandaise steamed vegetables & side salad 4	\$5.14
Grab and Go	½ Crispy Ranch wrap w/ cup of soup	\$3.25
THURSDAY		
Breakfast Grill	Biscuits & gravy w/ side sausage patty	\$3.05
Grille	Fleischkeuchle w/ side of fries	\$4.99
Market Place Entrees	Chicken & vegetable Fettuccine Alfredo w/ garlic toast	\$4.99
World Flavors	Broccoli Frittata w/ side of Hash browns 4	\$4.67
Grab and Go	½ Veggie wrap (lett, toms, cukes, blk, olives, cheese & peppers w/ mayo)w/ cup of soup	\$3.25
FRIDAY		
Breakfast grill	Texas toast French toast w/ 2 strips of bacon	\$2.99
Grille	EL Diablo burger w/ side of buffalo chips	\$4.67
Market Place Entrees	Chicken & rice hot dish w/ side of vegetable	\$4.67
World Flavors	Lemon peppered fish filet w/ wild rice blend & side vegetable	\$4.99
Grab and Go	Soup (cup) & salad bar 4	\$4.20